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# OUR TEAM:

Janet Holmes  
Director

Angela DaPonte  
Assistant Director

Patty Lavoie  
Office Assistant

Ray Benoit  
Bus Driver

Phil Ferreira  
Manny Fontes  
Maintenance

Michele Blanchette  
Nancy Lambert  
Dining Assistants



## The Tiverton Senior Center

207 Canonicus Street  
Tiverton, RI 02878  
Telephone: 401-625-6790  
Fax: 401-625-6793  
Email: [seniorcenter@tiverton.ri.gov](mailto:seniorcenter@tiverton.ri.gov)

**MARCH 2022**



### **Ansel Adams' Artistry,**

Join Jill Sanford on Thursday **March 3rd at 10:15 a.m.** This month's featured topic, **Ansel Adams' Artistry**, offers an opportunity to admire and interpret the intriguing photographs of Ansel Adams, offering a renewed respect for his unique and visionary use of photography as an art form. Join local art historian Jill Sanford for an enjoyable hour of challenging yourself to see in new ways!



### **Special Surprise Musical Guest:**

**Kenny Marrocco!!!**

**It's been over two years since we've heard the sweet, crooner sounds of Kenny!! Please join us on Friday, March 4th from 12:30 to 3:30 for this long, awaited event!**

**Welcome Back, Kenny!**

**We've missed YOU!**



### **Ceramics Class**

**Join us for Ceramics Class with Pagano Creations on**

**Monday, March 7th from 1—3 p.m. \$20 per person**

Introducing: **KARAOKE**

Come Join in the fun on Monday, March 21st from 12:30-3:30 ~ Hundreds of songs to choose from!



## ACTIVITIES AT A GLANCE

**TOPS – Monday at 9:00 a.m. in Game Room.**

**Exercise with Deb—Mondays & Wednesdays 9 a.m. and Fridays at 10:15 a.m. \$3**

**Quilting for Charity** meets every **Monday at 10:00-3:00 p.m.**

**Pitch League- Hi, Lo, Jack** meets **Mondays at 12:30 p.m.**

**Chair Yoga with Shirley—Tuesday's at 9 a.m. Class fee is \$3.00 per class.**

**Drums with Jessica-Tuesdays & Fridays at 1:30 p.m. Class fee is \$3 per class.**

**Tiverton Library Services sponsored Book Club Tuesday, March 15th at 10:15 a.m.**

**Mahjongg– Tuesdays and Fridays, beginning 11:30 a.m.**

**Wednesdays: 12:30 Cribbage & JamBalaya Jammers/Dining Rm & Chorus/Lounge**

**Balance Class with Jess-Thursdays at 9:00 a.m. Class fee is \$3 for members**

**Art For Your Mind-Thursday, March 3rd at 10:15 a.m. *Ansel Adams' Artistry,***

**Center Meetings** will be held on **Thursday March 24th at 10 a.m.**

**FREE Wellness Check with Nurse Terry-Thursday, March 17th 10:00-11:30**

**BINGO-Thursdays!!! Starts at 1:00 PM Sharp! February 3,10,17,24**

**Knitters for Charity-Thursdays at 1:00 p.m.**

**Zumba with Jessica—Fridays at 9 a.m. Fee is \$3.00 per class**

**Mark Rudd's  
Computer  
Tutorial**

**Wednesday  
MARCH 16th at  
10 AM**

Members pay \$3 for classes. Non  
-members pay \$6 for classes.  
Become a member for \$5 a year  
and save money!!



**COME JOIN OUR CHORUS!!!!**

**Wednesdays at 12:30 in Lounge**



### SHIP~ SENIOR HEALTH INSURANCE PROGRAM

SHIP counselor will meet with folks weekly **by appointment**

to assist with health insurance/Medicare needs. Call **Donna Macomber** at 401-  
**644-3317** or e-mail: [pmpsc@outlook.com](mailto:pmpsc@outlook.com) to schedule your appointment.



### CARE GIVER SUPPORT GROUP

Alzheimer's and Care Giver Support Group will meet on **Monday, March 14th and  
Monday, March 28th** from 2:30 to 3:45p.m.; Nurse Care Manager:

**Janet Grapentine** facilitates this group.

**New care givers are welcome.**



**BINGO 1:00 PM  
SHARP!**

**Thursdays!**

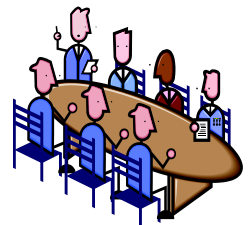
March 3rd      March 10th  
March 17th      March 24th



### CENTER MEETING for the month of March will be on Thursday, MARCH 24th at 10:00 A.M.

The purpose of this meeting is to discuss our financial status, the condition of the building and grounds, fund raising, activities, special events, and classes or activities that you would like to see at the Center.

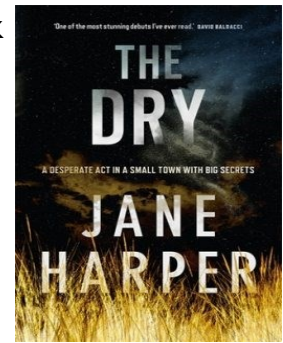
The Senior Center needs **YOU** to keep it moving along with fresh, new ideas and new members who actively participate. We need to keep our Center membership and our meal-site participant numbers growing.. The success of our Senior Center depends upon everyone's involvement. Please join us at our monthly meeting & lend your support and ideas.



**Ray** continues to bring Tiverton seniors and folks with disability to either the Center or shopping on Tuesdays & Wednesdays. Please call 401-625-6790 to reserve your spot. Bus trips are not individualized. Shopping Bags are limited to four per person. Remember: Ray is the Boss of the Bus!!



**TIVERTON LIBRARY SERVICES** presents “Words for Wisdom” a Book Group hosted by Tiverton Library’s Maureen Iwanski. This month’s book is **“The Dry” by Jane Harper** We will meet on **Tuesday, March 15th at 10:15 a.m.** If you are interested in joining us, please feel free to attend on the above date at the Senior Center. New members are welcome at any time. Suggestions on authors and books are gladly accepted. **Large Print Books are available in office. All are Welcome!**



**LIVE MUSIC every Wednesday at 12:30 p.m.**  
Come Enjoy the sweet sounds of the **JamBalaya Jammers**, now in their permanent time and day—  
The dance floor is calling YOU!!!!



**Introducing KARAOKE~ Monday, March 21st beginning at 12:30-3:30**

MARCH 2022:		Janet Rancourt	18
Phil Ferreira	01	Glenda Sakala	22
Shirley Fernandes	01	Anne Griffin	22
Evelyn Noone	01	Mary Simpson	22
Holly Phillips	01	Norma Pettey	23
Alice Belcher	03	Linda McAllister	23
Ann-Marie Cross	03	Jan Padula	24
George Devine	03	Ellen Birnbaum	24
David Silvia	04	Janice Bolduc	26
Virginia Plunkett	04	Phyllis Rego	28
Carol Parsons	05	Joseph Pavao Jr.	28
Evelyn Barboza	07	Lynne Leco	29
Ruth Medeiros	07	Lily Carter	31
Donna Bourgeois	07	Vicky Neville	31
Debra Mello	07		
Russell Wordell	08		
David Rose	08		
Dorothy “Dot” Costa	08		
Phyllis Rego	08		
Hadel Trazel	08		
Terri Messier	08		
Ann Marie Couture	09		



**Happy Birthday**

## Some More **March** Happenings for You to Check Out:

### **URI Pharmaceutical Outreach Program: Thursday March 10th at 10 a.m.**

This month's topic is: **Sciatica**.

Experiencing pain that radiates from your lower back, to your buttock and down the back of your leg? Chances are that is Sciatica, a painful condition with various causes and treatments. Learn about treatment options and most importantly how you can make healthy lifestyle changes to prevent Sciatica from occurring.



Nurse Terri Gomes from Visiting Nurse –Home & Hospice will be doing **Free Blood Pressure Screenings** on Thursday, March . 17th from 10:00 a.m. to 11:30 a.m.



### **Computer Tutorials with Mark Rudd**

Mark Rudd will provide computer instruction for those who are interested in learning or improving computer skills.

Tutorials will be offered from

**10 to 11:30 AM on Wednesday, March 16th**

Please call 625-6790 to register and indicate what you would like to learn.



### **Irish Tunes**

Please join us on **Monday, March 14th** for a special concert from the Island Senior Chorus~  
featuring **Irish Tunes!!**

Come celebrate St. Patrick's Day with some Celtic Music!

1:00 to 2:00 p.m.

